

# **RICHARD & MEG WEEKLEY COMMUNITY CENTER**

## **November Event Calendar**



**Monday – Friday: 7:30 a.m. – 9 p.m. | Saturday: 8 a.m. – 4 p.m.**

**8440 Greenhouse Road, Cypress 77433**

**713-274-3161 • [hcp4.net/weekley](http://hcp4.net/weekley)**





Classes and programming at  
this location will be cancelled

**Tuesday, Nov. 7**

while the facilities are utilized  
as polling locations for the  
Harris County elections

*Thank you!*





HAPPY

*Thanksgiving*

*The center will be closed  
Thursday, Nov. 23 - Saturday, Nov. 25*

This Thanksgiving Day we are grateful  
for all of you!





HARRIS COUNTY PRECINCT 4  
**COMMISSIONER  
LESLEY BRIONES**

All Precinct 4 Community Centers will be

**CLOSED**

**THURSDAY, NOV 30**

For staff development



# Ongoing Programs

## MONDAY

9 – 10 a.m. – Tai Chi  
10 a.m. – noon – Chess  
10 a.m. – noon – Knitting and Crochet  
11 a.m. – noon – Spanish Reading Club  
(First and Third Monday of the month)  
Noon – 2 p.m. – Open Ping-Pong  
12:30 – 4 p.m. – Hold 'em Practice  
1 – 3 p.m. – Canasta  
4 – 5 p.m. – Dance Exercise Gold

## TUESDAY

9 – 9:45 a.m. – Stretch and Tone  
9:45 – 10:30 a.m. – Cardio and Strength  
10 a.m. – noon – Photography Club  
(First Tuesday of the month)  
10 a.m. – noon – Painting Group  
11:30 a.m. – 3 p.m. – Duplicate Bridge  
12:30 – 3:30 p.m. – Mah Jongg

## WEDNESDAY

10 a.m. – 3 p.m. – Rug Hookers  
10:30 a.m. – 11:30 a.m. – Dance Exercise  
11 a.m. – 1 p.m. – Rummikub  
11 a.m. – noon – Wise Women  
(First and Third Wednesday)  
12:30 – 4 p.m. – Hold 'em Practice  
1 – 3 p.m. – Canasta  
2 – 4 p.m. – Asian Traditional Dance  
4 – 5 p.m. – Dance Exercise Gold  
5 – 6 p.m. – Innerbeauty Line Dance  
6:30 – 7:30 p.m. – Yoga

## THURSDAY

9 – 9:45 a.m. – Stretch and Tone  
9 – 10 a.m. – Tai Chi  
9:30 a.m. – noon – Quilting  
9:45 – 10:30 a.m. – Cardio and Strength  
10 a.m. – noon – Knitting and Crochet  
10:30 – 11:30 a.m. Dance Exercise  
11:30 – 3 p.m. – Duplicate Bridge  
12 – 3 p.m. – 42 Dominoes

## FRIDAY

9:15 – 10:15 a.m. – Yoga  
Noon – 2 p.m. – Open Ping-Pong  
12:30 – 3:30 p.m. – Mah Jongg  
12:30 – 4 p.m. – Hold 'em Practice  
2 – 4 p.m. – Asian Traditional Dance

## SATURDAY

10 a.m. – noon – Saturday Social Bridge  
(Second and Fourth Sat. of the month)



## **TAI CHI**

**Mondays and Thursdays, at 9 a.m.**

Join our tai chi class, an ancient Chinese tradition and practice this graceful form of exercise. Each posture flows into the next without pause, to ensure that the body is in constant motion. Although it takes a great depth of knowledge and skill, it can be easy to learn.

## **CHESS**

**Mondays at 10 a.m.**



Join the skillful game of tactics for two. Stop by and meet like-minded people. You might just find a worthy opponent.

## **KNITTING AND CROCHET**

**Mondays and Thursdays, at 10 a.m.**

Whether you're looking to work with two needles and interlocking loops, or just one hook and knot-like stitches, you can create garments with various characteristics. Bring your projects and get crafty together!



## **SPANISH READING CLUB**

**First and Third Monday of the month, at 11 a.m.**

This club is for those who are fluent in Spanish and enjoy reading. Join in on the discussion of different books or reading articles.

## **OPEN PING-PONG**

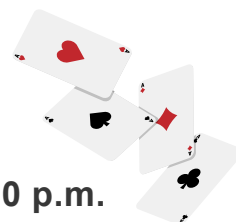
**Mondays and Fridays, at noon**

Join our Ping-Pong meetings for a perfect blend of practice, fun play, and a great way to get together with other enthusiasts. Improve your skills and enjoy a game in a friendly and supportive environment.

## **HOLD 'EM PRACTICE**

**Mondays, Wednesdays, and Fridays, at 12:30 p.m.**

Have you ever watched Texas Hold'em tournaments on T.V.? Come out and try your luck playing with us. We're just like the television shows, except for the cameras, lights, and the millions of dollars!





## **CANASTA**

**Mondays and Wednesdays, at 1 p.m.**

Join one of the youngest classic card games. It is usually a four-player game with two teams, but there can be a different number of players.

## **DANCE EXERCISE GOLD**

**Mondays and Wednesdays, at 4 p.m.**

Dance along to the music of a more moderate exercise class. You can take part in the health benefits of participating in dance exercises such as improving flexibility, circulation, and building upper and lower body strength.



## **STRETCH AND TONE**

**Tuesdays and Thursdays, at 9 a.m.**

Aiming for a healthy lifestyle, this class helps improve flexibility, balance, muscle strength, and stamina. Elastic bands and tubing are provided. Bring a yoga mat or towel. This class is for people of all fitness levels.

## **CARDIO AND STRENGTH**

**Tuesdays and Thursdays, at 9:45 a.m.**

Movement is geared to get the heart rate up with moderate- to high-intensity movement that enhances caloric expenditure and fat metabolism. Bring hand weights for interval toning, wear comfortable clothing, and closed-toe shoes. This class is for people of all fitness levels.

## **PAINTING GROUP**

**Tuesdays, at 10 a.m.**

This is a social group with no instructor. All participants will need to bring their own supplies or current projects to work on while you socialize.

## **DUPLICATE BRIDGE**

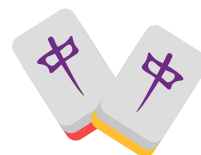
**Tuesdays and Thursdays, at 11:30 a.m.**

Are you looking for a bridge group? Experienced players are welcome to join for a friendly game of bridge.

## **MAH JONGG**

**Tuesdays and Fridays, at 12:30 p.m.**

Gather to play the American version of this Chinese traditional game, developed in the 19th century, and usually involving four players and 152 tiles.



## **RUG HOOKERS**

**Wednesdays, at 10 a.m.**

See the design emerge as you pull loops of fabric through your frame. Share some tips, tricks, and a few “how-to’s”. If you’re willing to learn to piece some rugs together, bring some supplies or a current project.



## **DANCE EXERCISE**

**Wednesdays and Thursdays, at 10:30 a.m.**

Bring your best dance moves and join everyone in moving along to some music while burning some calories. There are some health benefits in participating in dance exercises, such as improving flexibility, building upper and lower body strength, and circulation.

## **RUMMIKUB**

**Wednesdays, at 11 a.m.**

This tile-based game is for two to four players at each table, combining elements of the card game rummy and Mahjong. There are 106 tiles in the game, including 104 numbered tiles and two jokers. Players have 14 or 16 tiles initially and take turns putting down tiles from their racks into sets of at least three, drawing a tile if they cannot play.



## **WISE WOMEN**

**First and Third Wednesday, at 11 a.m.**

Get together and meet some great women! This group is for women of all ages to discuss engaging topics and targeted questions.

## **TRADITIONAL ASIAN DANCE**

**Wednesdays and Fridays, at 2 p.m.**

Explore the world and visit different Asian cultures by learning their traditional dances! The folk dances taught are from different ethnicities in Asia, ranging from north to south Asia. Due to the variation in movement, it is recommended for fast learners or intermediate dancers. Some examples of the dances are Chinese folk, Tibetan, and Mongolian.





## YOGA

Wednesdays, at 6:30 p.m., and  
Fridays, at 9:15 a.m.



Yoga builds strength, awareness, and harmony in the mind, body, and soul. Sessions include breathing exercises, meditation, and various postures that stretch and flex different muscle groups. Please bring a mat.

## QUILTING

Thursdays, at 9:30 a.m.

Link together like fabrics and stitch up some creative pieces with this sewing technique! There is no instructor, but plenty of guidance is available.

## '42' DOMINOES

Thursdays, at 1 p.m.

"42" – also known as Texas 42, is a trick-taking game played with a standard set of double six dominoes. The game is played by four people in teams of two, where the partners sit across from each other. The object of the game is to be the first team to reach seven "marks" or 250 points. The game consists of several hands (a maximum of 13 hands when playing for marks).

## SATURDAY SOCIAL BRIDGE

Second and Fourth Saturday, at 10 a.m.

For those who want to play a relaxed game of bridge. This not a class however if you need a little briefing to remember how to play, participants can assist.



# Ongoing Programs

## **NACHO REGULAR BINGO**

**Friday, Nov. 3, Noon – 1 p.m.**

Join us for a fun time playing Bingo and celebrating International Nacho Day! You can fix a plate of nachos for \$5, and the lucky Bingo winners will get a prize. It is sure to be a delightful afternoon at Weekley. Registration and payment are required prior to the event.



## **ORGANIC GARDENING**

**Friday, Nov. 10, 11 a.m. – Noon**

Organic gardening can be a fun experience, but there are some specific steps you'll want to take. Join an A&M AgriLife Extension Master Gardener to discuss the steps for starting and maintaining an organic garden. Registration is required.

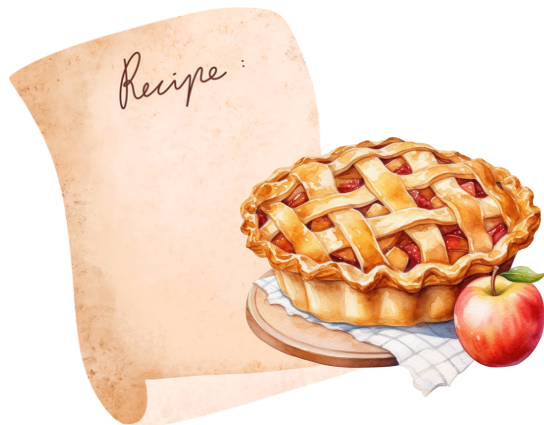




## HOLLA-YAY RECIPE SWAP AND CRAFT

**Tuesday, Nov. 14, 11:30 a.m. – 1:30 p.m.**

Join our fun recipe exchange and tasting! Everyone is welcome to bring their secret holiday dish along with the written recipe to share. The dish can be an appetizer, main dish, side dish, or dessert. A surprise craft will also be included in the festivities. Registration is required.



## WINE AND DESIGN CRAFT

**Friday, Nov. 17, 11:30 a.m. – 12:30 p.m.**

Let's get creative and design our own personalized wine glass. Pick a wine glass from home that could use a good makeover and bring it with you. We can't wait to see the masterpieces that will be made. Registration is required.



**November Special Events**



## **FISHING 101**



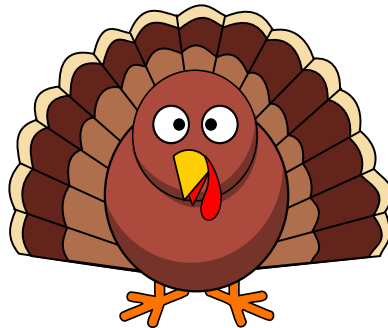
**Friday, Nov. 17, 1:30 p.m. – 2:30 p.m.**

Fishing is a wonderful, relaxing hobby. In this class led by Precinct 4 Parks Department, You will learn all about casting – a necessary skill for your next fishing adventure! Participants will practice casting their fishing line using the interactive game – "Backyard Bass". Registration is required.

## **A CLOSER LOOK AT NATURE**

**Monday, Nov. 20, 11:30 a.m. – 12:30 p.m.**

Did you know that Texas actually has three subspecies of turkey. The most widespread of these is the Rio Grande. Join Precinct 4 Park Naturalist in a fascinating presentation on turkeys, followed by a fun activity.. Registration is required.



## **FACEBOOK CLASS**

**Monday, Nov. 29, 10:30 a.m. – 12:30 p.m.**

Learn how to navigate a Facebook account. Facebook is a large social networking site. Learning the basics can help you stay in touch with relatives or rekindle old friendships. Bring your device with you for this live demonstration with Harris County IT Specialist Michelle Richardson. Registration is required.



# November Special Events





HARRIS COUNTY PRECINCT 4

COMMISSIONER  
LESLEY BRIONES

# Weekley Community Center December Senior Bus Trip

**Friday, Dec. 1, 2023**

**Bus departs at 3:30 p.m.**

**\$30 per person (cash only)**

Join us at the Alley Theatre to celebrate the holidays with colorful Victorian costumes, special effects, lively dancing, stunning sets, and just the right blend of Christmas carols. It is a dazzling Christmas feast with the beloved story of Ebenezer Scrooge and his miraculous transformation.

Enjoy dinner on your own at Golden Coral.

**Register with staff Friday, November 10 at 8 a.m.  
No refunds available.**

8440 Greenhouse Road, Cypress 77433 • 713-274-3161



@hccprecinct4 • hcp4.net • hcp4.net/weekley

# Other Events

## At Weekley CC | Community Welcome

Harris County Precinct 4 declares no affiliation, endorsement, nor any partnerships with any of the groups or organizations hosting the following meetings.

### **TAKE OFF POUNDS SENSIBLY (TOPS)**

*Mondays and Fridays, 9 – 11 a.m.*

TOPS weight-loss support gives you the freedom to follow a meal plan that works for you. These weekly meetings help you learn how to be healthy and make the best choices.

### **YOUTH KARATE**

**By Cypress Warriors Martial Arts**

*Mondays, 6 – 9 p.m.*

Free martial arts classes are available for ages five and older. Classes go on for eight weeks at a time. A uniform is required.

### **2024 MEDICARE REVIEW**

**By Devoted**

*Friday, Nov. 10, 1-2 p.m.*

Whether you're nearing retirement age or new to Medicare, this program is designed to help you understand the various benefits and options available to you. The discussion will center around 2024 Medicare changes and the best practices in selecting Medicare options. Make sure you come with all your questions concerning Medicare. Registration is required.

### **BINGO**

**By Murray**

*Wednesday, Nov. 15, 1 – 2 p.m.*

Come hang out with Murray from Devoted Health and play a fun game of Bingo. Take a chance and possibly win some great prizes! Registration is required.

### **SMP BINGO**

**By Tx Senior Medicare Patrol**

*Tuesday, Nov. 28, 10:30 – 11:30 a.m.*

Join a speaker from Senior Medical Patrol in playing a game of Bingo. It combines the classic game of luck with important information about Senior Medical Patrol and Medicare. Registration is required.

### **A CLOSER LOOK AT YOUR SOCIAL SECURITY BENEFITS**

**By Myrna Trevino of Prudential**

*Tuesday, Nov. 28, 12:30 p.m. – 1:30 p.m.*

Join us to assess your potential Social Security benefits and the role those benefits play during retirement. Learn strategies to maximize social security income, ways to pass your benefits on to your family, and more! Registration is required.



# TURKEY DAY TRIVIA

## FROM THE WEEKLEY FAMILY TO YOURS



1. What year was the first Thanksgiving held?
2. Which President made thanksgiving a national holiday?
3. What profession experiences its busiest day on Thanksgiving?
4. Which founding father wanted the turkey to be America's national bird?
5. What are female turkeys called?
6. Which company created the original green bean casserole recipe?
7. Which two astronauts ate turkey after walking on the moon?
8. Which country besides the United States celebrates Thanksgiving?
9. What year was the first Macy's Thanksgiving parade?
10. Which famous Thanksgiving fruit bounces?
11. What type of silverware was missing at the first Thanksgiving?
12. Which two teams played the first NFL Thanksgiving Day game?
13. How long did the first Thanksgiving feast last?
14. What was the first character balloon ever in the Macy's Thanksgiving Day parade?
15. How many calories does the average American eat on Thanksgiving?



*Happy  
Thanksgiving*



Visit the center for the answer key.